Amendments to the Abstract:

Please replace the previous Abstract with the following redlined Abstract:

A soil retaining system combining flat sheet pile walls in an open cell configuration includes integral soil anchors to providing provide an improved earth retaining system. Another aspect of the invention is a method of designing and installing a soil retaining system with an open sheet pile cell structure having integral soil anchors. The method includes, inter alia, calculating soil forces by taking into account material strength of sheet pile, soil friction against the sheet pile in combination with the strength of the integral soil anchor, selecting sheet pile size and length based on soil forces calculation; and installation of sheet pile to form a soil retaining system. The integral soil anchors serve to provide higher load resistance to the improved earth retaining system.